



White Bean, Kale and Sausage Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



330 min.

SERVINGS



15

CALORIES



160 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 oz canned tomatoes diced canned
- ☐ 45 oz beans white drained and rinsed canned
- ☐ 12 ounces mild chicken sausage sliced
- ☐ 2 cloves garlic finely chopped
- ☐ 8 cups kale leaves stemmed chopped (from)
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 small onion finely chopped
- ☐ 15 servings salt

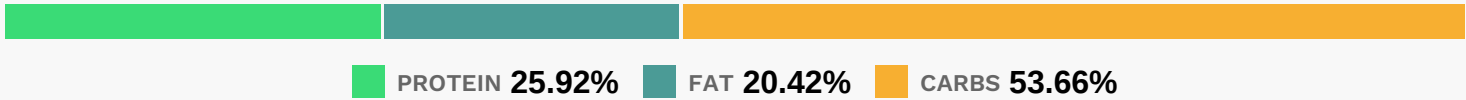
Equipment

☐ slow cooker

Directions

- ☐ Combine broth, tomatoes, beans, onion, garlic and sausage in a slow cooker. Cover and cook on low for 4 to 5 hours.
- ☐ Stir in kale, cover and cook until kale has softened, about 15 minutes. Season with salt before serving.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:5.05, Inflammation Score:-10, Nutrition Score:12.092608856118%

Flavonoids

Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 160.29kcal (8.01%), Fat: 3.79g (5.83%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 17.25g (6.27%), Sugar: 2.08g (2.31%), Cholesterol: 16.01mg (5.34%), Sodium: 478.39mg (20.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Vitamin K: 47.67µg (45.4%), Manganese: 0.58mg (28.84%), Vitamin A: 1260.02IU (25.2%), Fiber: 5.17g (20.67%), Iron: 3.33mg (18.53%), Vitamin C: 13.86mg (16.8%), Folate: 66.81µg (16.7%), Potassium: 530.15mg (15.15%), Magnesium: 53.47mg (13.37%), Copper: 0.27mg (13.32%), Calcium: 102.72mg (10.27%), Phosphorus: 99.31mg (9.93%), Vitamin B1: 0.12mg (7.9%), Vitamin E: 1.1mg (7.34%), Zinc: 1.1mg (7.34%), Vitamin B6: 0.13mg (6.75%), Vitamin B2: 0.09mg (5.38%), Vitamin B3: 0.8mg (3.99%), Vitamin B5: 0.25mg (2.54%), Selenium: 1.71µg (2.45%)